

Monday		Tuesday		Wednesday		Thursday		Friday	
<div><div><div>30% OFF EVERY TUESDAY FOR SENIORS (55 &amp; OVER)</div><div>PLUS/ DONATE TODAY TO BENEFIT THE EPILEPSY FOUNDATION</div></div><div>500 COCHITUATE ROAD, FRAMINGHAM 01702 508-875-0225 WWW.SAVERS.COM</div></div>								<div>8:30-1 Pool Tables Open 9-1 Computer Room 9 Poker 9-1 Open Sew 9:45 Strength Train/Cardio \$3 10 Chair Yoga \$3 11 Skip-Bo 12:15-1:30 Chair Volleyball</div> <div>CLOSING AT 1:30 PM</div> <div>1</div>	
<div>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9 Bocce 9-11 SHINE, by appt. 9-4 Computer Room 9 Pinochle 9:45 Strength Train/Cardio \$3 10-11:30 Sports Fanatics 10-4 Mary Make Do 10:30-12 Bereavement Support Group 11 Skip-Bo 12 Conversation &amp; Humor 12-4 Duplicate Bridge 12-3 Scrabble 1 Friends Board Meeting 1-4 Genealogy Group</div> <div>1-3 SHINE, by appt. 2 Tai Chi-\$3 2:30 Chair Yoga \$3</div> <div>4</div>		<div>Trip: Essex River Queen Cruise &amp; Lunch 8:30-7 Table Tennis 9 Golf League @ Millwood 9-7 Computer Room 9 Contract Bridge 9 Pinochle 9-11 SHINE, by appt. 9:30 Moving for Better Balance Maintenance Class (Prerequisite: 16-wk MFBB1) 10 Aerobics 11 Zumba \$3 11-4 Mah Jongg 11:30-1:30 Acupuncture, by appt. 12-4 Duplicate Bridge</div> <div>12:45 Chair Volleyball 3-4 Clinic on Handheld Devices 4-7 Pool Tables Open 4:30-6:30 SHINE, by appt.</div> <div>5</div> <div></div>		<div>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Computer Room 9:30-12:30 Blood Pressure Clinic 9:45 Strength Train/Cardio \$3 10 Low Vision Support Group 10:30 Mindful Living \$3 1 Bingo 1 Discussion Group 1-3 SHINE, by appt. 3:15 Low-Impact Exercise Class</div> <div>6</div>		<div>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Computer Room 9:15 Practically Fit \$3 9:30 Cribbage 10-2 Mah Jongg 10-12 Ask-the-Experts 10:30-12:30 Hispanic Social Group 11:30 Zumba \$3 1-3 SHINE, by appt. 2-4 Brazilian Social Group</div> <div>7</div>		<div>8:30-1 Pool Tables Open 9-1 Computer Room 9 Poker 9-1 Open Sew 9:45 Strength Train/Cardio \$3 10 Chair Yoga \$3 10 &amp; 11 SHINE, by appt. 11 Skip-Bo 12:15-1:30 Chair Volleyball</div> <div>CLOSING AT 1:30 PM</div> <div>8</div>	
<div>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9 Bocce 9-11 SHINE, by appt. 9-4 Computer Room 9 Pinochle 9:45 Strength Train/Cardio \$3 10-11:30 Sports Fanatics 10-4 Mary Make Do 10:30-12 Bereavement Support Group 11 Skip-Bo 12 Conversation &amp; Humor 12-4 Duplicate Bridge 12-3 Scrabble 1-4 Genealogy Group 1-3 SHINE, by appt.</div> <div>2 Tai Chi-\$3 2:30 Chair Yoga \$3</div> <div>11</div>		<div>8:30-7 Table Tennis 9 Golf League @ Millwood 9-2, 4-7 Computer Room 9 Contract Bridge 9 Pinochle 9-11 SHINE, by appt. 9:30 Moving for Better Balance Maintenance Class (Prerequisite: 16-wk MFBB1) 10 Aerobics 11 Zumba \$3 11-4 Mah Jongg 12-4 Duplicate Bridge 12:45 Chair Volleyball 1:30 COA Board Meeting 2-4 Intro to Google 4-7 Pool Tables Open</div> <div>4:30-6:30 SHINE, by appt. 6 Evening Caregiver Support Group 6 David Polansky: Music Through the Decades</div> <div>12</div> <div></div>		<div>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Computer Room 9:30-12:30 Blood Pressure Clinic 9:45 Strength Train/Cardio \$3 10 Beading with Marilyn 10:30 Mindful Living \$3 11:30 Friends Lunch 12 Better Breathers 1-4:15 Podiatry with Dr. John (Please call for appt.) 1 Bingo 1 Discussion Group 1-3 SHINE, by appt. 3:15 Low-Impact Exercise Class</div> <div>13</div> <div>7 p.m. Grandparent Support Group</div>		<div>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Computer Room 9:15 Practically Fit \$3 9:30 Cribbage 10-2 Mah Jongg 10-12 Ask-the-Experts 10:30 Hispanic Social Group 11:30 Zumba \$3 1-3 SHINE, by appt.</div> <div>14</div>		<div>8:30-1 Pool Tables Open 9-1 Computer Room 9 Poker 9-1 Open Sew 9:45 Strength Train/Cardio \$3 10 Chair Yoga \$3 10 &amp; 11 SHINE, by appt. 11 Skip-Bo 12:15-1:30 Chair Volleyball 11:30 Senior Health Care Forum with Local Legislators</div> <div>CLOSING AT 1:30 PM</div> <div>15</div>	
<div>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9 Bocce 9-11 SHINE, by appt. 9-4 Computer Room 9 Pinochle 9:45 Strength Train/Cardio \$3 10-11:30 Sports Fanatics 10-4 Mary Make Do 10:30-12 Bereavement Support Group 11 Skip-Bo 12 Conversation &amp; Humor 12-4 Duplicate Bridge 12-3 Scrabble 1-4 Genealogy Group</div> <div>1-3 SHINE, by appt. 1 Mass. Bar Association: Legal Check Up 2 Tai Chi-\$3 2:30 Chair Yoga \$3</div> <div>18</div>		<div>8:30-7 Table Tennis 9 Golf League @ Millwood 9-5:30 Computer Room 9 Contract Bridge 9 Pinochle 9-11 SHINE, by appt. 9:30 Moving for Better Balance Maintenance Class (Pre-requisite: 16-wk MFBB1) 10-12 Sign Up for Free Parking 10 Aerobics 11 Zumba \$3 11-4 Mah Jongg 11:30-1:30 Acupuncture, by appt. 12-4 Duplicate Bridge</div> <div>12:45 Chair Volleyball 1:30 Parkinson's Support Group 4-7 Pool Tables Open 4:30-6:30 SHINE, by appt. 5:45-7:15 Windows Basics 6 Jazz: From Ragtime to Blues</div> <div>19</div> <div></div>		<div>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Computer Room 9:30-12:30 Blood Pressure Clinic 9:45 Strength Train/Cardio \$3 10:30 Mindful Living \$3 1 Bingo 1 Discussion Group 1-3 SHINE, by appt. 3:15 Low-Impact Exercise Class</div> <div>20</div> <div>FRIENDS DINE AROUND Uno Pizzeria &amp; Grill, Rte. 9, Framingham All Day - Mention Friends of Callahan</div>		<div>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Computer Room 9:15 Practically Fit \$3 9:30 Cribbage 10-2 Mah Jongg 10-12 Ask-the-Experts 10:30 Hispanic Social Group 11:30 Zumba \$3 1-3 SHINE, by appt. 1:30 Movie: The Post with refreshments from The Residence at Valley Farm</div> <div>21</div> <div>1-2:30 Brighter Day Memory Café at Temple Beth Am, Framingham</div>		<div>Trip: Newport Flower Show &amp; Lunch 8:30-1 Pool Tables Open 9-1 Computer Room 9 Poker 9-1 Open Sew 9:45 Strength Train/Cardio \$3 10 Chair Yoga \$3 10 &amp; 11 SHINE, by appt. 11 Callahan Knitters 11 Skip-Bo 12:15-1:30 Chair Volleyball</div> <div>CLOSING AT 1:30 PM</div> <div>22</div>	
<div>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9 Bocce 9-11 SHINE, by appt. 9-4 Computer Room 9 Pinochle 9:45 Strength Train/Cardio \$3 10-11:30 Sports Fanatics 10-4 Mary Make Do 10:30-12 Bereavement Support Group 11 Skip-Bo 12 Conversation &amp; Humor 12-4 Duplicate Bridge 12-3 Scrabble</div> <div>1-4 Genealogy Group 1-3 SHINE, by appt. 2 Tai Chi-\$3 2:30 Chair Yoga \$3</div> <div>25</div>		<div>8:30-7 Table Tennis 9 Golf League @ Millwood 9-7 Computer Room 9 Contract Bridge 9 Pinochle 9-11 SHINE, by appt. 9:30 Moving for Better Balance Maintenance Class (Pre-requisite: 16-wk MFBB1) 10 Aerobics 10 Diabetes Support Group 11 Zumba \$3 11-4 Mah Jongg 12-4 Duplicate Bridge</div> <div>12:45 Chair Volleyball 1-4:15 Podiatry with Dr. John (Please call for appt.) 1-4 Red Hat Honey Bees 4-7 Pool Tables Open 4:30-6:30 SHINE, by appt. 6 Hot Topic: The American Economy With Dr. Larry Lowenthal</div> <div>26</div> <div></div>		<div>Trip: “Lobsta” Roll Cruise 8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Computer Room 9:30-12:30 Blood Pressure Clinic 9:45 Strength Train/Cardio \$3 10 Beading with Marilyn 10:30 Mindful Living \$3 11:30 Friends Lunch 1 Caregivers’ Support Group 1 Bingo 1 Discussion Group 1-3 SHINE, by appt. 3:15 Low-Impact Exercise Class</div> <div>27</div>		<div>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Computer Room 9:15 Practically Fit \$3 9:30 Cribbage 10-2 Mah Jongg 10-12 Ask-the-Experts 10:30-12:30 Hispanic Social Group 11:30 Zumba \$3 1-3 SHINE, by appt. 1 Book Discussion Group 1:30 Senior Fraud &amp; Scam Seminar</div> <div>28</div>		<div>8:30-1 Pool Tables Open 9-1 Computer Room 9 Poker 9-1 Open Sew 9:45 Strength Train/Cardio \$3 10 Chair Yoga \$3 10 &amp; 11 SHINE, by appt. 11 Skip-Bo 12:15-1:30 Chair Volleyball</div> <div>CLOSING AT 1:30 PM</div> <div>29</div>	